



# **Social and Emotional Learning in New Jersey Schools**

**August 2, 2017**



## Self-Awareness Sub-Competencies

- [Identify] **Recognize** one's feelings and thoughts
- Recognize the impact of one's feelings and thoughts on one's own behavior
- Recognize one's personal traits, strengths and limitations
- [Demonstrate] **Recognize the importance of** self-confidence in handling daily tasks and challenges



## Self-Management Sub-Competencies

- Understand and practice strategies for managing one's own emotions, thoughts and behaviors
- [Establish] **Recognize the skills needed to establish** and achieve personal and educational goals
- Identify and apply ways to persevere or overcome barriers through alternative methods to achieve one's goals



## Social Awareness Sub-Competencies

- Recognize and identify the thoughts, feelings and perspectives of others
- Demonstrate an awareness of [other's cultural backgrounds and respect for] **the** differences [between] **among** individuals, [and] groups **and others' cultural backgrounds**
- [Understand social and ethical norms in order to interact effectively]
- **Demonstrate an understanding of the need for mutual respect when viewpoints differ**
- **Demonstrate an awareness of the expectations for social interactions in a variety of settings**



# Responsible Decision-Making Sub-Competencies

- Develop, implement and model effective problem solving **and critical thinking** skills.
- Identify the consequences associated with one's actions in order to make constructive choices.
- Evaluate personal, ethical, safety and civic impact of decisions.